

FIGHTING ON 'THE VOICE'

IS THERE SOME ADAM/PHARRELL DRAMA? PAGE 11

metro

NEW YORK CITY No. 1 FREE DAILY IN THE

Wednesday, March 4, 2015 www.metro.us | t: MetroNewYork | f: Metro

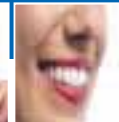


INVISALIGN SALE

0%
financing
as low as
\$99/month

\$2500

INVISALIGN EXPRESS!
exp. 3/15/15 (For cases less than 6 months)



INVISALIGN CENTER OF NY

at Manhattan Dental Spa
200 Madison Ave, Suite 2201

212-683-2530

manhattandentalspa.com



Elite PROVIDER for the last 9 years



VIRAL VARMINTS



Unhealthy hosts. A new report reveals that New York City's rats carry fleas capable of spreading diseases as deadly as the bubonic plague. PAGE 02

Rats. If you thought they were disgusting before the report, then you're in for a treat. / GETTY IMAGES

Food pantries short on resources

PAGE 04

Declutter with star organizer Marie Kondo

PAGE 15

Head to toe, B-Method will work you over

PAGE 18



Dyer: Schilling right to shred trolls

PAGE 21

1 NEWS

Top 3

The best of Metro.us

1 'Don't call her Belle Knox: A Q&A with Diana Colton, NYU student and porn star'

2 'Bad blood among the "Voice" judges'

3 'Winners of "The Voice": Where are they now?'



Get the latest

Want to read the latest news on your mobile device? Get the free Metro App! Find out what happened while you were sleeping and get the latest in news, sports, lifestyles and entertainment. Just search for Metro US in the App Store or Google Play.

City rats found covered with Black Death fleas

Carriers. The city's vermin carry a host of fleas and disease.

Rats roaming New York City carry fleas capable of spreading diseases as deadly as the bubonic plague, a new report revealed.

A study by a Cornell and Columbia University research team found at least 500 Oriental rat fleas hitching rides on the 133 rats researchers Matthew Frye and Cadhla Firth caught at five sites around Manhattan.

While the rats themselves are a never-ending nuisance for New Yorkers, the critters they carry can be even more problematic. Historically blamed for the bubonic plague pandemic that wiped out millions in Europe during the 14th century, fleas found on New York rats have created the same circumstances for transmission.

"I wouldn't say we are at risk of anything like a plague," Frye told Metro. "But certainly there's a risk of people coming into contact with other pathogens."

While the diseases and their impact on public health are real, the bacterium most commonly blamed for the plague in the United States is mostly found in fleas in the American Southwest carried by squirrels and prairie dogs.



Cornell researcher Matt Frye hunting rats in a Manhattan basement (above). Rat eradicator Manuel Rodriguez (below) holds up a trophy outside his Upper West Side apartment. / COURTESY OF GETTY



Quoted

"We were absolutely surprised at the number of fleas we collected."

Frye

The city's Health Department dismissed the notion that the Black Death can make a comeback in the Big Apple.

"There has never been a case of locally acquired plague in New York City — or anywhere east of the Mississippi — in over 50 years," the agency said Tuesday. "Additionally, no plague-infected rat has ever been found in New York City. Plague requires extreme circumstances besides fleas to pose a threat to human health, and those circumstances do not exist here."

Columbia University's Center for Infection and Immunity found the fleas can also transmit Rickettsia, which can cause spotted fevers or typhus, and several species of Bartonella, which can look like

the flu and have recurring symptoms, including high fevers.

"We were absolutely surprised at the number of fleas we collected," Frye said, adding they found an average of four per rat. "We didn't think we'd find them at such a high number."



CHESTER SORIA
@chestersoria
chester.soria@metro.us



Visit **Metro.us** to learn more about rats in New York City.

Tourism troubles. Guides fear being replaced by tapes



Times Square / GETTY IMAGES

Facing threats of layoffs, and losing their livelihood to automatic recordings, New York City tour guides rallied on the steps of City Hall on Tuesday in hopes of saving their jobs.

The Daily News first reported last month that Gray Line, the bus company that operates double-deck sightseeing tours, sent a memo to 150 tour

guides that "mass layoffs" would start on March 11.

The company is in contract negotiations with TWU Local 225, the union that represents the tour guides. Three years ago, the company slashed pay by about \$3 an hour for guides during a contract dispute.

The average tour guide now makes about \$16.50 an hour, according to the

Daily News.

"Gray Line claims to be 'truly the local expert,' but it's licensed New York City tour guides who make that statement accurate," James Muessig, TWU Local 225 Section Chair for Tour Guides/Customer Service Agents, said in a statement. "If the tour guides are replaced by taped machines, the tour-

ists would be better off reading Wikipedia on the subway."

Manhattan Borough President Gale Brewer, who rallied with the guides and unions, said tour guides shouldn't be bullied by the bus operators in the city's booming tourism industry, set to reach \$45 billion a year by this year's end.

WENDY JOAN BIDDLECOMBE

Limited Mintage Striking...

WORLD'S FIRST

The 2015 \$100 SILVER PROOF



Collectible
2015 date

Mirrored proof
background

Larger Franklin
portrait

Liberty Bell, quill pen
& July 4th date

Minted in one Troy ounce
of .999% fine silver

Actual size is 6" x 2 1/2"

GovMint.com Announces the Limited Mintage Striking of an Extraordinary Silver Proof—the Newest United States \$100 Bill Struck in 99.9% Pure Silver. Discount Price \$99



This extraordinary piece of pure silver has a surface area that exceeds 15 square inches...and it contains one Troy ounce of pure silver!

And now, during a limited strike period, the very first

Year 2015 \$100 Silver Proof is available from GovMint.com at a special discount price—only \$99!

Exquisite Detail

The historic 2015 \$100 Silver Proof is an exquisite adaptation of the United States Treasury's recently redesigned \$100 Federal Reserve Note—only the third new \$100 bill design in 100 years. It is a true artistic masterpiece that will always be treasured.

99.9% Silver

Best of all, this stunning Silver Proof is even more beautiful than the original, because it's struck in precious silver!

It is a landmark in proof minting, combining unprecedented weight with extraordinary dimension. The specifications for this colossal medallion proof are unparalleled.

Each one:

- Is Individually Struck from Pure .999 Silver.
- Weighs one Troy ounce.
- Has a Surface Area That Exceeds 15 Square Inches.
- Contains 31.10 Grams (480 Grains) of Pure Silver.
- Is Individually Registered and Comes With a Numbered Certificate of Authenticity.
- Is Fully Encapsulated to Protect Its Mirror-Finish.
- Includes a Deluxe Presentation Case.

Advance Strike Discount

The price for the 2015 \$100 Silver Proof will be set at \$129 per proof.

However, if you place your order now, you can acquire this giant silver proof at the special advance strike discount price—only \$99.

NOTE TO COLLECTORS: When you place your order for the \$100 silver proof, it will be processed immediately, and the earliest orders will receive the coveted lowest registration numbers.

Additional Discounts

Substantial additional discounts are available for serious collectors who wish to acquire more than one of these exquisite silver proofs.

Year 2015 \$100 Silver Proof

1-4 proofs - \$99 each + s/h
5-9 proofs - \$95 each + s/h
10+ proofs - \$89 each + s/h

There is a limit of twenty \$100 Silver Proofs per order, and all orders are subject to acceptance by GovMint.com.

Only 9999 Available

GovMint.com will limit striking to only 9999 One Troy Ounce Silver Proofs for the year 2015. Once the edition is sold out, no more 2015 silver proofs can ever be struck. Orders only will be accepted on a strict first-come, first-served basis according to the time and date of the order. Call today for fastest order processing.

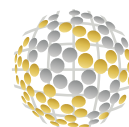
For fastest service call today toll-free

1-800-514-6468

Offer Code FRN165-01
Please mention this code when you call.

GovMint.com • 14101 Southcross Dr. W. Dept. FRN165-01 • Burnsville, Minnesota 55337

Prices and availability subject to change without notice. Past performance is not a predictor of future performance. NOTE: GovMint.com® is a private distributor of worldwide government coin and currency issues and privately issued licensed collectibles and is not affiliated with the United States government. Facts and figures deemed accurate as of October 2014 ©2015 GovMint.com.



GOVMINT.COM®

THE BEST SOURCE FOR COINS WORLDWIDE™

Manhattan

Window washer falls to his death from fifth floor in Lower Manhattan

A window washer fell to his death on Tuesday afternoon while working in Lower Manhattan, police said.

Officials said the man was leaning out of a fifth-floor window at 335 Greenwich Street to clean a window when he fell out at around 1:10 p.m. and landed on the pavement.

Paramedics rushed to the corner of Jay and Greenwich streets and took the man, who was not identified by Tuesday afternoon, to a hospital in Downtown Manhattan, where he was declared dead.

Witnesses told the Daily News that the man might have been working on the window without a harness. **METRO**

Food pantries are short on resources to fight hunger

Food. There's plenty of unused food available, but it's hard getting it to those in need.

New York, the city of five-star restaurants, deli sandwiches and street meat on nearly every corner, is also the city where more than 1.4 million people don't have enough food to eat.

On Tuesday, representatives from City Harvest picked up bread from Fairway and prepared food from Mount Sinai-St. Luke's Roosevelt Hospital, and marked their 500 millionth pound of food delivered by the organization.

"If you're riding the subway and thinking about what to eat for lunch today, there's people who don't have the money to do that," said Matthew Reich,



Daniel Reyes of East Harlem's New York Common Pantry with piles of onions and turnips. / KEVIN KERR

vice president of food sourcing for City Harvest. "They're thinking about paying their rent and MetroCard, and that's a tremendous pressure. We're not feeding the homeless, we're feeding the working poor of New York."

To feed every hungry New Yorker, agencies would need to double their services to double the amount of work they're doing, said Reich, adding that there is plenty of food available in the U.S. It's just not getting to those who need it but can't afford it.

City Harvest provides fresh produce and food staples to 500 food programs in New York City, including soup kitchens, and day care and senior centers.

Reich said about 100 billion pounds of food is wasted across the U.S. every year, and every year about 300 million pounds of fruits and vegetables in

Quoted

"If you're riding the subway and thinking about what to eat for lunch today, there's people who don't have the money to do that." Reich

New York state are left unharvested or unsold.

City Harvest gathers food from farmers and distributors, many in-state and along the Eastern Coast, with some as far away as Texas and California. Reich said City Harvest collects a lot of carrots from Quebec farmers because carrots need to be a certain length and diameter to be sold in stores.



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Varicose Veins **GOT YOU DOWN?**

FAST, NON-INVASIVE TREATMENTS FOR

Varicose Veins • Spider Veins
Facial Veins

New York City's Premier Vein Only Practice

DAVID M. GLASS, MD, FACS

Board Certified Vascular Surgeon
25 Years of Experience

Most of my patients say
"I wish I had
done this sooner!"

Most Insurance Accepted!

1-718-996-4400

www.NewYorkVeinCenter.org

©COPYRIGHT 2013, NEWYORK VEIN CENTER ALL RIGHTS RESERVED
DOWNLOAD THE NYVC APP IN THE APPLE APP STORE

NEW YORK
VEIN CENTER
BROOKLYN / MANHATTAN / BRONX



Suspect charged in transgender murder

Harlem. Brooklyn man arrested in 2013 death of 21-year-old Islan Nettles.

A 24-year-old Brooklyn man was indicted on manslaughter charges Tuesday for his involvement in the August 2013 death of Islan Nettles.

Manhattan District Attorney Cy Vance said James Dixon, 24, of Brooklyn, punched Nettles, a 21-year-old transgender woman, in the head after arguing on a Harlem street. She later died from her injuries.

Vance did not give any motive for the attack. Press reports at the time called it a hate crime.

Dixon was in a group of at least seven men walking up Frederick Douglass Boulevard after

History of the case

Another man, Paris Wilson, was arrested at the time of the attack and charged with misdemeanor assault, according to the Daily News.

- The charges against Wilson were dropped after Dixon confessed, but said he was too drunk to remember what happened.



Islan Nettles / LINKEDIN

the back of her head on the pavement, knocking her unconscious. Dixon continued hitting Nettles, adding to her already serious brain injury, the DA's office said. Dixon fled after the encounter.

Nettles was declared brain dead on Aug. 20 and taken off life support two days later.

A grand jury indicted Dixon on charges of manslaughter in the first and second degree, and assault in the first degree.

He is being held without bail until his next court appearance on March 19. **METRO**

midnight on Aug. 17, according to the indictment and court proceedings.

Dixon punched Nettles in the head, and she hit

Snorers, need a more attractive option?



We offer effective treatments beyond the CPAP mask.

If you've forgotten what it feels like to get a good night's sleep, due to snoring or sleep apnea, join the thousands of patients who have been successfully treated by our doctors.

At **eos sleep**, our physicians diagnose and treat the many causes of snoring and sleep apnea, and consider all of your options before recommending a treatment plan. Our in-office, minimally invasive treatments have proven to be a dream come true for many of our patients *and* their bed partners.

Most Insurance Plans Accepted.

For more information and to hear our patient testimonials, visit

eosleep.com

**Call 1.800.eosleep
800.367.7533**

eos sleep™

For the treatment of snoring and sleep apnea

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC
589 BROADWAY NYC

833 NORTHERN BLVD GREAT NECK

BE THE NEW YORKER WHO REALLY DOES KNOW IT ALL.

A LECTURE SERIES PRESENTED BY THE LAURA AND ISAAC PERLMUTTER CANCER CENTER.

COLORECTAL CANCER RISK REDUCTION: THE IMPORTANCE OF EARLY DETECTION.

Early detection is key for preventing colorectal cancer. Join us for a discussion on different screening options available, the importance of understanding your risk, and understanding the signs and symptoms of colorectal cancer. *In collaboration with the Office of Business Affairs at Woodhull Medical Center North Brooklyn Health Network.*

Date: Thursday, March 12, 12:00pm – 1:30pm. Lunch will be provided after the program.

Presenters: Stefan Balan, MD; Harry A. Winters, MD.

Location: Woodhull Medical Center.

Third Floor. Conference Room One. 760 Broadway, at the intersection of Broadway and Flushing Avenue, Brooklyn, NY.

RSVP: To attend call 718.963.8640.

CANCER SURVIVORSHIP LEARNING SERIES: EATING HEALTHY ON THE RUN.

As a New Yorker on the run, you know the pitfalls of eating on the go: "grande" morning coffee drinks, pizza by the slice, and super-sized bagels. No matter the length of your commute or workday, you **CAN** eat healthy on the run! Learn how to snack healthy, avoid calorie disasters, and make restaurant deliveries really work for you.

Date: Tuesday, March 17, 6:00pm – 7:00pm.

Presenter: Amanda Buthmann, MS, RD.

Location: Perlmutter Cancer Center.
160 E. 34th Street, 11th Floor, Room 1121.

RSVP: To attend call 212.263.2266 or visit nyulmc.org/cancer-rsvp

These lectures are free and open to the public, but you must RSVP. View past lectures at youtube.com/nyulmc

NYU Langone
MEDICAL CENTER

MADE FOR NEW YORK.

Pollution

China hopes environment chief will be breath of fresh air

One year after "declaring war" on pollution, China has appointed an inexperienced outsider as its new environment minister tasked with breathing life

into a massive cleanup campaign that even optimists say will take decades to complete.

Beijing has vowed to reverse the damage done to its skies, rivers and soil during China's three-decade dash for growth, putting its under-resourced environment ministry under pressure to deliver results.

Leading that drive will be Chen Jining, 51, an



Beijing, China / GETTY IMAGES

environmental scientist and president of China's prestigious Tsinghua University, who was appointed

the country's Minister of Environmental Protection on Friday

As China's annual parliament opens this week, Chen will need to show an increasingly angry public that the environment remains one of the top priorities, while reassuring thousands of regional delegates that there is still room for economic growth.

REUTERS

All-white jury selected in marathon bombing trial



Tsarnaev in court in December / JANE FLAVELL COLLINS

Finally. Opening statements are set for Wednesday.

An all-white jury that includes a restaurant manager, several retirees and a social worker will hear the trial of accused Boston Marathon bomber Dzhokhar Tsarnaev, which gets underway with opening statements on Wednesday.

The two-month-long jury-selection process wrapped up on Tuesday when lawyers for both sides winnowed the pool to 10 women and eight men. They will form the panel of 12 jurors and six alternates who will hear a trial that may run into June.

Tsarnaev, 21, is charged with killing three people and injuring 264 with a pair of homemade bombs at the race's crowded finish line on April 15, 2013, and with fatally shooting a po-

Jury selection process

The jury selection process began in early January when more than 1,350 potential jurors filled out questionnaires on their ties to the attack and their views on the death penalty.

- To be eligible, candidates needed not to have formed a set opinion of Tsarnaev's guilt and to be willing to consider voting for execution if he was found guilty.

lice officer three days later. If he is found guilty, the jury selected on Tuesday will determine whether to sentence him to death.

Tsarnaev and his family immigrated to the U.S. from Russia's Chechnya region a decade before the attack. They settled in Cambridge, Massachusetts, just outside Boston. **REUTERS**

Email flap

Democrats scramble to defend Hillary Clinton

Democrats scrambled to contain the fallout from revelations that Hillary Clinton may have violated the spirit of federal records laws by using her personal email for work while secretary of state.

Her bypassing of official communications at the State Department fed a political narrative that

Republicans want to use to damage Clinton, that the wife of former President Bill Clinton is obsessed with secrecy and has something to hide.

Clinton was President Barack Obama's first-term secretary of state from 2009 to early 2013. During her tenure, she used a personal email account, officials now acknowledge, in what at the least may have been a technical violation of laws requiring all official documents to be preserved. **REUTERS**

Freeze time

BOTOX®
Botulinum Toxin Type A

*first area of Botox or Dysport only

\$149
regular price \$300

Erase the past with

LASER TATTOO REMOVAL

2x2" size first sessions only
\$95 regular price \$250

Non-Invasive Face Lift

Ultherapy



Ultherapy starting **\$695**

Lose 3 to 9 inches in just TWO WEEKS.



*6 sessions only
\$295
regular price \$850

MANHATTAN'S MOST INNOVATIVE MEDICAL SPA



SensitiveTouch.com

SensitiveTouch
technology | experience | reputation

212-339-0005 • 135 E. 55th Street 8th Fl, NYC (off Lexington Ave)

*offer valid for new clients only. first area choose either forehead, eyes or the area between your brows

Do You Have Painful, Bulging, Swollen Varicose Veins?

Besides being unsightly and uncomfortable, varicose veins can be a warning sign of a condition called Venous Insufficiency that claims over half a million lives each year.



Do you have any of these symptoms?

Check all the boxes that apply to you:



Put an end to Varicose Veins at USA Vein Clinics!

- ☐ Varicose
- ☐ Heaviness and Swelling
- ☐ Spider Veins
- ☐ Skin Discoloration
- ☐ Itching and Burning
- ☐ Ulcers and Blood Clots
- ☐ Leg Pain and Cramps
- ☐ Problem Walking Long Distances



Our minimally invasive non-surgical procedure will have you looking and feeling better in less than 15 minutes.

Don't wait for complications ...call now!

Covered by Medicare and Most Insurance Plans

Call (917) 717-5135

www.USAVeinClinics.com

Open Saturdays

New York:

1153 First Avenue, Manhattan, NY 10065
2511 Ocean Ave, Ste 102, Brooklyn, NY 11229
2444 86th St, Ste A, Bensonhurst, NY 11214
116-02 Queens Blvd, Forest Hills, NY 11375

NEW LOCATION

1975 Hylan Blvd, Staten Island, NY 10306

New Jersey:

766 Shrewsbury Ave, Ste 300,
Tinton Falls, NJ 07724





Considering plastic surgery?

If you're considering aesthetic surgery,
**Manhattan Eye, Ear and Throat Hospital/
Lenox Hill Hospital**

invites you to schedule a consultation
with a plastic surgeon in our aesthetic fellowship program.

**Facelift • Rhinoplasty (nose job) • Browlift • Eyelid Surgery
Breast Augmentation • Buttock Lift • Tummy Tuck
Liposuction • Laser Rejuvenation • Fillers/neurotoxins**

and many more procedures offered at VERY discounted rates.
Find out how affordable cosmetic and plastic surgery can be.

212-605-3741

Manhattan Eye Ear & Throat Hospital
210 East 64th street.

North Shore LIJ Hospital
Lenox Hill Hospital

Model is not an actual patient.

Samah Hamdi. 'Women must do what they choose and believe in'

This is the third
in a Metro series
leading up to
International
Women's Day
on March 8.



Samah Hamdi / METRO WORLD NEWS

5
days to
International
Women's Day

Samah Hamdi, a 27-year-old woman from Egypt, made a video earlier this year in which she walks around Cairo wearing a wedding dress. She ate in a restaurant, took a ride in the metro — all to address the social stigma surrounding unmarried women in her country. "My interest is to confront society and break its taboos," she said.

Why did you start wearing a wedding dress?

The women in our society have always been placed under the magnifying glass. Always molded and with reduced integrity and treated as something inanimate, as if God created women to achieve the goals of others.

Always demanded to please others without taking care of her ambitions. We are pressed, going to a college which people choose. Doing what others want. Dressed the way they want. Even thinking the same. That's where my idea came from — pressure we are under all the time, a confiscation of our being. The woman is programmed as a supreme target: to be married.

So, it's not just about marriage?

Yes, marriage is just an example. The idea is to refuse the dissemination of ideas on women. Everyone in our society believes man is the only person who is

right; other opinions are wrong. I tried to say we both can be true. Everyone has different opinions and ideas that cannot be imposed on others.

What is the reaction to the wedding dress?

People are petrified and just stare. The elderly started whispering with their sons. Street vendors downtown have hurled verbal harassments. But women in the metro tried to talk to me and even have a small party. The video I made of myself walking around Cairo in a wedding dress won the 25th Youth Salon Arts award and was treated as an "innovative" idea. **DMITRY BELYAEV / MWV**

Better gym. Better price.

\$19.95

**month-to-month
membership!**



**new york
sports clubs®**

Available in Westchester, LI, CT, NJ, NY and select Manhattan clubs. NYSC.com

FIBROIDS?

Seeking a Hysterectomy Alternative?

DO YOU HAVE?

- Bleeding between periods
- Heavy bleeding during periods
- Abnormally long periods
- Frequent urination
- Pelvic pain and pressure
- Pressure in your lower abdomen
- Pain during intercourse

1 in 5 women experience fibroids during their childbearing years. Half of all women have fibroids by age 50.

Uterine fibroids (Myoma or Leiomyoma) are very common and treatable. Uterine Fibroid Embolization treatment at USA Vascular Centers can shrink fibroids up to 50% within 3-6 months. Treatment is a minimally invasive, non-surgical outpatient procedure with a short recovery and no hospitalization. Most patients experience relief of symptoms, including excessive bleeding reduction within 1 month. Don't wait – call (718) 504-6414 now to schedule a consultation.



Call today to schedule your consultation

(718) 504-6414

www.USAVascularCenters.com

2444 86th St, Ste A
Bensonhurst, NY 11214

260 W Sunrise Hwy, Ste 102
Valley Stream, NY 11581
(COMING SOON)

USAVTM
VASCULAR
CENTERS

STRAIGHT Talk



Erectile Dysfunction (E.D.)

When the "Magic Pill" isn't so magic

What do men do when Erectile Dysfunction pills aren't effective? Don't like the idea of expensive penile injections, suppositories, and vacuum pumps? Get the facts on an inflatable penile prosthesis (IPP): a permanent solution—covered by many insurance plans—which allows an erection as often as you like, for as long as you wish.

Attend a **FREE** seminar sponsored by Coloplast Corp. to educate men and their partners about an advanced, **DRUG FREE** treatment for E.D.

FREE REFRESHMENTS WILL BE SERVED

Featuring:

Dr. J. Francois Eid

A board certified urologist who specializes in the treatment of E.D.

Also featuring:

A patient who has found a long-term solution to his E.D.

Wednesday, March 11, 2015

Refreshments available at 6 p.m.
Presentation begins at 6:15 p.m.

The New York Marriott East Side
Morgan B Room
525 Lexington Ave. at 49th St.
New York, NY 10017

To reserve your space or for more information about this **FREE** seminar, please call: **(866) 233-9368**.

PARTNERS ARE ENCOURAGED TO ATTEND

An educational series, sponsored by Coloplast Corp., designed to inform and empower. www.ColoplastMensHealth.com



Four things you need to know

Justice Department finds racial bias in Ferguson police practices

The U.S. Justice Department on Tuesday concluded that the Ferguson, Missouri police department routinely engages in racially biased practices, according to a law enforcement official familiar with the department's findings.

The investigation into the police department began in August after the shooting of unarmed African-American teen Michael Brown by a white police officer in Ferguson sparked national protests. **REUTERS**

FAA wants to speed approval for commercial drones

The Federal Aviation Administration is seeking ways to speed up the approval process for commercial drone operations, but its efforts have been hindered by its lack of authority to review multiple applications on a group basis.

FAA Administrator Michael Huerta told a U.S. House aviation subcommittee that the agency could better address a backlog of 450 requests from companies seeking exemptions to use drones if it could approve a class of applications that have similar circumstances. **REUTERS**

Ex-CIA chief Petraeus to plead guilty

Former CIA Director David Petraeus has agreed to plead guilty to a single charge relating to mishandling classified information in a case arising from the ex-U.S. Army General's extramarital affair with a female Army Reserve officer, the Justice Department said on Tuesday.

Documents disclosing Petraeus's guilty plea were filed in federal court in Charlotte, North Carolina. The retired four-star general agreed to plead guilty to a charge of unauthorized removal and retention of classified material. **REUTERS**

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight—they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly—sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

Relief For Chronic Heel Pain

Now Featuring **genesisplus™**

New FDA Laser Treatment For Nail Fungus, Scars & Warts

CUTERA



New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

If any of these apply to you...
Call today.

Patient is responsible for co-pays & deductibles

most insurance plans accepted complete family foot care laser surgery available

The Most Advanced Techniques Used For Bunions & Hammertoe Correction

Downtown location

65 Broadway Suite 1103
Financial District
NYC, NY 10006
212-486-7333

Midtown location

121 E. 60th St.
New York City, NY
212-486-7333
Paul Drucker DPM
Jordan Drucker DPM

235 East 22nd Street
(between 2nd and 3rd Ave)
1 212-486-7333
184 east 70th st
212-772-3500

Snowden in talks on returning home to US: lawyer

A Russian lawyer for Edward Snowden said on Tuesday the fugitive former U.S. spy agency contractor who leaked details of the government's mass surveillance programs was working with American and German lawyers to return home.

Anatoly Kucherena, who has links to the Kremlin, was speaking at a news conference to present a book he has written about

his client. Moscow granted Snowden asylum in 2013, straining already tense ties with Washington.

The United States wants Snowden to stand trial for leaking extensive secrets of electronic surveillance programs by the National Security Agency (NSA). Russia has repeatedly refused to extradite him.

Snowden has said in the past he would like to return home if he was assured he would be given a fair trial. **REUTERS**

EDWARD SNOWDEN
GETTY IMAGES

SAME DAY TAX RETURNS!
GET YOUR \$\$\$\$ FASTER!!
WALK IN WITH YOUR W2
WALK OUT WITH A MONEY CLIP VISA PREPAID CARD
NO OUT OF POCKET FEES!
212-755-1040
5 PENN PLAZA 23RD FL.
www.empiretaxusa.com

1 Bad blood among the 'Voice' judges



It's all smiles in front of the camera. / NBCU PHOTO BANK VIA GETTY IMAGES

Tensions are reportedly running high behind the scenes at "The Voice," no matter how chipper the chair-spinners look on the air. In particular, Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind the scenes," a source tells

Radar Online. "Not only is Pharrell taking the contestants that Adam would have generally locked in with ease, but he is also a favorite among the production staff."

Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to

the source, that staff may have good grounds for not favoring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a—hole, but he is totally jealous of Pharrell, and this season has brought out his true colors."

Ryan Reynolds could use a nap



Here's a portrait of the actor as an exhausted father. / GETTY IMAGES

New dad Ryan Reynolds has some theories as to why he's so sleep-deprived lately. Or maybe he's just trying to put a positive spin on life with a newborn. "Our baby in particular is, we think, allergic to sleep," he tells Jimmy Fallon during an interview. "We think that she thinks she's protecting us from the sleep monsters. Like, 'Oh, I've got to keep them up or the sleep monsters will get them.'" Which, as adorable as that sounds, is asking for an awful lot of advanced, creative thinking for a 9-week-old.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR

@Nedrick
ned.ehrbar@metro.us



2 Sarah Silverman oversharing about boyfriend's privates

So some men apparently give their, ahem, members nicknames. That's a thing, I guess. But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name "Masters of Sex" star Michael Sheen gave

his, at least if girlfriend Sarah Silverman is to be believed. Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski,'" which sounds like a mouthful, honestly.



GETTY IMAGES

Daily video



CINEMASINS, YOUTUBE

Everything wrong with 'After Earth'

OK, so Will Smith has already admitted that "After Earth" was a failure, but that doesn't mean we can't dissect it and maybe figure out what went wrong. Enter Cinema Sins with a look at everything wrong with M. Night Shyamalan's science-

fiction misfire. "This movie starts with a flash-forward that jumps to a flashback, then back to the forward only to then back up a bit and start the actual f—ing story," the beleaguered Cinema Sins narrator points out. And that is pretty damning. Honestly, though, one of the first sins they point out really is the worst: Jaden Smith's narration. Oof.

2 CULTURE

Twitter feed

Today, Alec Baldwin is not a Chris Christie fan, Elizabeth Hurley is on the road again, Hugh Grant doesn't feel like sharing, Billy Eichner has some pop predictions and John Cleese is impressed.

@ABFalecbaldwin: Attention residents of New Jersey: Your governor is for sale! To the highest bidder who will fund the Republican Governors Assoc.

@ElizabethHurley: Off to Chicago- brrrrrr.

@HackedOffHugh: I don't do (have?) Instagram.

@billyeichner: I feel like Meghan Trainor is this close to recording a fun little dance song called "National Pancake Day"

@JohnCleese: Vladimir Putin has become a true Superstar

FREEZE YOUR TROUBLE FAT WITH COOLSCULPTING

LexingtonPlasticSurgeons.com

113 E. 39th St., New York, NY 10016

(866) 634-4777



James Van Der Beek breaks down 'CSI: Cyber'

Interview. The former "Dawson's Creek" star joins the crime-fighting franchise to chase down some online baddies.

Though James Van Der Beek has been trying out sitcoms recently, with "Don't Trust the B— in Apartment 23" and "Friends with Better Lives," his latest project takes a more serious turn. He's playing an FBI agent on "CSI: Cyber," alongside Oscar-winner Patricia Arquette. The show follows a cybercrime squad assisted

by a cyber-psychologist (Arquette). Van Der Beek tells us why you should follow him into the shadier corners of the online world.

Because he's trying something new: I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years. I had two shows picked up, and when I got this offer, I thought, "Maybe it is time to come full circle and come back to my dramatic roots."

Because it's more 'CSI': Three letters motivated me: "CSI." It's one of the biggest television franchises in the world, so to

play a lead on something like that is a huge honor. I don't know what possessed CBS after my comedy work to think, "Hey, we need somebody to kick some ass in the show; why don't we offer it to that guy?" But I'm really glad they did.

Because it's not just going to be cops with laptops: A show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and



JAMES VAN DER BEEK
CBS VIA GETTY IMAGES

"CSI: Cyber" premieres tonight at 10 on CBS. / CBS

Quoted

"I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was completely in the dark."

Van Der Beek

old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

Because he did his research: The worst thing you could do is be spout-

ing technical dialogue and have no attachment to it. That's been the fun challenge of this job, to really wrap your mind around what it is you're saying. I attended college for two years as an English major. Why would I ever get to learn battlefield forensics? But now I get to.



NED EHRBAR
@Nedrick
ned.ehrbar@metro.us



**Bladeless
No-Flap
Eye Surgery**
\$1,099
PER EYE Promo Code: METRO

DIAMOND VISION

A SHARPEST VISION BRAND

Manhattan, New York | Paramus, New Jersey
Garden City, Long Island
Westport, Connecticut | Somerville, New Jersey
Poughkeepsie, New York | New Paltz, New York



Steven Stetson, MD
Medical Director,
Diamond Vision

Call Today! Consultation is FREE! 855-980-7542
DIAMONDVISION.COM



THE TOUR
THE NEW GENERATION OF SIGHTSEEING

**TICKETS
START AT
\$35**

**"An Immersive Multimedia
Sightseeing Adventure!"**

LAUNCHES MARCH 23
TICKETS ON SALE MARCH 9

"Sideways Is The New Sightseeing!"

1.866.811.4111

POWERED BY THE RIDE

THE TOUR NYC.COM



Get a taste of home, wherever you're from

Nowhere is New York City's diversity more visible than in its dining scene. When it comes to delicious ethnic restaurants, these places are the real deal, staffed by expatriates looking to share their culture.

Donostia

155 Ave. B. Donostia is where the Spaniards dine, specializing in authentic pintxos, the Basque version of tapas, with an emphasis on imported Spanish seafood conservas. The tortillas del dia are a delicious mini toasted sandwich bursting with fresh cheeses, meats or spreads. Definitely try the mussels in escabeche sauce. The bar offers an unbelievable array of vermouth and sherries — let the bartenders guide you to your new favorite drink.

Smorgas Chef

53 Stone St., 58 Park Ave.

Homesick Swedes, look no further. Many of the dishes have nostalgic appeal, such as Swedish meatballs, cured gravlaks and classic smorgasbord. The restaurants are committed to using local, sustainable ingredients from their own farm in the Catskills. Try the herring, the meatball platter or the Smorgas burger. End your meal with the Swedish princess cake, full of vanilla cream and raspberry preserve.

Texas de Brazil

1011 Third Ave. If you need your Brazilian churrascaria (steakhouse) fill, try the \$59.99 feast. The salad bar includes 50 items, including housemade Brazilian cheese bread. You will be swarmed by a troop of carvers generously serving various cuts of seasoned beef, lamb, pork, chicken and Brazilian sausage.



For exclusive commentary, visit Metro.us/blogs.

Drink. Eat. \$ave. NYC.

MONICA DINATALE

Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC, available in paperback and e-book.



MAKE A CHANGE

Get started with Star Career Academy

In 2014, we had over **1500 graduates** employed in their field of study.

BUSINESS ADMINISTRATION



(855) 534-STAR
StarCareer.edu

154 West 14th St. • New York, NY 10011

For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.starcareer.edu/faq.



THE VOICES
of people affected by MS
ARE HEARD and
DRIVE CHANGE
wherever it is needed.

SUSAN, ARTIST,
MS ACTIVIST,
DONOR, WALK MS
FUNDRAISER
DIAGNOSED IN 1988



MS KILLS CONNECTION

CONNECTION KILLS MS

Every Connection Counts at MSconnection.org

March 2 - 8 is MS Awareness Week

Thank You To Our Local Sponsor: **biogen idec.**

ALL ROADS LEAD TO BROOKLYN



TICKETS START AT \$24*



BEGINS THIS WEDNESDAY



BROOKLYN
HOOPS
TOURNAMENT PLAY
PRESENTED BY Ticketmaster

barclayscenter.com | ticketmaster.com | 800.745.3000

atlantic10.com #A10MBB

* Plus applicable taxes and/or charges



Miss Jessie's ORIGINAL
MISS JESSIE'S IS MAKING WAVES! ★★★★★

QUICK CURLS
THE BEST HAIR QUICK CURLS. FORMERLY QUICK CURLS. NOW QUICK CURLS. MISS JESSIE'S IS MAKING WAVES!

QUICK CURLS IS NOW \$22!
★★★★★
WWW.MISSJESSIES.COM

PRE-ORDER YOUR BOOK TODAY!
Celebrate the legacy of #titibranch. amazon.com. BARNES & NOBLE

The Weekly Yelp. Doughnuts make New York City go 'round

Sure, doughnuts aren't exactly virtuous food, but walking while texting is pretty dangerous, and that doesn't seem to stop anyone. This week, we're throwing caution to the wind with a roundup of NYC's best fried treats.



Go early and often to the Doughnut Plant, as flavors rotate often. / FACEBOOK

My favorite is still the blood orange poppy seed, but the miso maple and the blackberry ginger snap cake donut are not very far behind. **PAUL A.**



Doughnut Plant

379 Grand St., Lower East Side

Yeast donuts, cake donuts, and let's not forget about the — yes, I'm about to say it — creme brulee donut. So freaking amazing! Crisp on the top, and the creamy delicious filling made this seriously one of the best donuts I have ever had. **JAKE S.**



The Nutella is every hazelnut-and-Nutella-lover's dream. It looks like a small sugar donut, but when you bite into it, an explosion of Nutella filling comes out. It's not thick like the one you see in the jar. It's rich, gooey and delicious. **KRISTINE A.**



The Donut Pub

203 W. 14th St., West Village

According to the list, their jelly donut is the one to try first. And so I did. This was one seriously good donut. Perfectly sweetened, and with a great pillowy texture and just the right amount of sweet jelly, this jelly donut is one to try. **KATHERINE S.**



Yelp has been connecting people with great local businesses since 2004. Sign up for weekly emails at Yelp.com



Dough

14 W. 19th St., Flatiron District

Dough Loco

24 E. 97th St., East Harlem

Diabetes

Are You Diabetic?
Do You Have Foot Pain?

Do you experience:

- ☐ sharp pains in your feet or legs?
- ☐ tingling, burning, or pricking sensations?
- ☐ sensitivity to touch?
- ☐ loss of sleep due to the pain?

Diabetic neuropathy is a nerve disorder caused by diabetes. Up to 80% of diabetics may have some form of neuropathy. If you are 18 to 80 years of age, have been diagnosed with diabetes, and have pain in your feet, legs or hands, you may be eligible to participate in our research study. As part of the study you will receive study-related medical evaluations with our Board Certified Physician, investigational medication, blood tests, electrocardiograms, and visits to our private center at no cost to you. Please call for more information.

The Medical Research Network, LLC
134 E 93rd St., New York, NY • www.MedicalResearchNetwork.com
(212) 595-5012

Foot Pain

NOTICE TO THE PUBLIC

AFFORDABLE HOME PROGRAM

START WITH AS LITTLE AS **\$1,000**

GOOD CREDIT, BAD CREDIT, NO CREDIT
ALL CASES PROCESSED

CALL NOW FOR FREE REGISTRATION
MANY HOMES ARE FULLY RENOVATED

BROOKLYN, QUEENS, BRONX,
WESTCHESTER AND LONG ISLAND

3.5% TOTAL DOWNPAYMENT NEEDED



Affordable Home Program LLC
NYS. Licensed Real Estate Brokers
117-18 Queens Blvd Suite 202,
Forest Hills, NY 11375
1866-988-HOME (4663)

Get in shape & prepare for a career as a certified

NASM Fitness Trainer

Prepare for three NASM certifications.

NASM-Certified trainers make top pay!

Other classes offered:

- Medical Assistant or CNA
- Dialysis Technician
- Phlebotomy/EKG
- Medical Biller
- Pharmacy Technician



— 45 W. 34 St. NYC • 5th Fl —

For info and a **FREE** tour:
(917) 580-6060

ManhattanInstitute.com



Market watch

Most expensive

**\$75M****10 West St. Penthouse**

The most expensive property to come onto the market this week is a condo in Battery Park City, marketed by Dolly Lenz Real Estate. This eight bedroom, 10.5 bath penthouse is located at The Residences at the Ritz Carlton, and encompasses two penthouse units that can be combined. The unit features expansive skyline views and three private terraces.

Least expensive

**\$249K****80 La Salle St. #14E**

The least expensive property to come onto the market this week is a co-op in Morningside Heights, marketed by FH Millennium Group. This sunny studio unit features an eat-in kitchen, oversize windows and views of Morningside Garden. The building offers a bike room, elevator, gym and laundry in the building.

StreetEasy.com is a New York based Real Estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.



Organize your life using the KonMari way

Here are the best gems from Marie Kondo's "The Life-Changing Magic of Tidying Up."

ANDREA PARK

Marie Kondo is the Beyonce of Japan — a larger-than-life superstar. But unlike Beyonce, Kondo is a professional organizer. Her book, "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing," is making waves among Americans

who want to learn how to live a neater and more Zen lifestyle.

We read the book and can vouch for its life-changing impact. Here are the lessons we learned from Kondo through her technique, which she calls the KonMari Method.

Get rid of unnecessary possessions

We've all heard this one before, but the KonMari method is to ask yourself if it "sparks joy." How can you tell? Don't think about whether or not you "might need it later" or if someone gave it to you as a gift — pick it up, touch it and decide if you feel a visceral joy for this item. If not, thank the item for serving its purpose to you (whether or not you actually used it or if it just gave you momentary joy when you purchased it) and toss it. Kondo is adamant that you must throw things away before you try to reorganize your home.



Put everything on the floor

Kondo says it's easier to assess an item if you take it out of hibernation. You'll be able to see it better, and it will be easier for you to pick up each item and touch it to see if it sparks joy.



Tidy in order

Tidying isn't emotionally easy, so Kondo recommends the following order: clothes, books, papers, random items and, lastly, mementos. The expert says we don't have as much attachment to clothes, so this order will help build up resistance to being overly sentimental.

Do big purges

Don't chip away at your mess. To avoid relapsing into your slobbish ways, do your big discards at once. Why? Kondo says when you tidy completely "you transform the scenery," and the tidiness will inspire you to keep it neat.

Use shoeboxes

Kondo is against pricey storage containers, especially if they're not square or rectangular. She suggests using shoeboxes instead because they are durable and the perfect size for small items. She even likes using the lids to store spices inside cabinets.

Kondo's timing couldn't be better — spring cleaning is just around the corner. Get ready for a "joy" ride!



Organizing expert Marie Kondo is a star in Japan. / TEN SPEED PRESS



Another tip

Store everything vertically if possible

Kondo likes to store everything upright. She says stacking wears out the bottom items, and it's easier to see what you have when it's stored upright instead of at the bottom of a pile. Kondo folds her clothes so they stand on edge and even stores her carrots vertically in the refrigerator.

PARKCHESTER

SPACIOUS LIVING • AFFORDABLE RENT



**ELEGANT NEW KITCHENS • GRANITE COUNTERTOPS
NEW APPLIANCES • STAINLESS STEEL FINISHES**

1 & 2 BR RENTAL APARTMENTS START AT \$1185 PER MONTH

MACY'S, MARSHALLS, STARBUCKS, APPLEBEE'S, SUPERMARKETS,
blink FITNESS and MUCH MORE ALL ON-SITE • 24 HR ROVING SECURITY

30 MIN TO MIDTOWN • NO BROKER FEE • EARLY & FUTURE OCCUPANCY

Open House: Tues & Thurs 5:00-7:45pm and Sat 10:00am-1:45pm



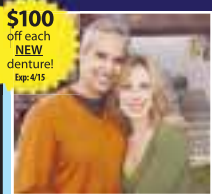
917-634-5295

or apply online at www.parkchesternyc.com



QUALITY DENTURES AND DENTAL IMPLANTS

THE SAME DAY



\$100 off each NEW denture! Exp: 4/15

- Full Service Dental Office
- Repairs & Relines While-U-Wait
- Dental Implants • Crowns & Bridges
- Cosmetic Dentistry
- Senior Citizen Discounts

www.heraldsquaredental.com

SPRING SPECIAL Exp: 4/15/15
OVERDENTURES with implants

\$3,600* per lower
\$4,500* per upper

Customary fee \$7,600+ per arch
*Additional charges may occur for more complex cases. Ad must be presented for discount.



Smile with Confidence!
CALL NOW
212.689.0024

Leaders in Implant Dentistry! - Est. 1977

Free Consultation • Most Insurance Welcome

224 W 35th St. New York, NY 10018, Btwn 7th & 8th Avenues

FOLLOW US ON INSTAGRAM!



metronewyork

metro

www.metro.us
Wednesday, March 4, 2015

STYLE 16

Behind Dsquared²

The designers on their Fall 2015 show

"We are going deep into our heritage, our culture and where we come from ... way back."



GETTY IMAGES

Interview. Dean and Dan Caten are still setting the trend 20 years after establishing their label — and they're not done yet.

It's been a highly festive few weeks for Dean and Dan Caten, who not only celebrated the 20th anniversary of their Milan-based label Dsquared² but also their 50th birthdays.

Cherished by A-listers like Madonna, Rihanna and Justin Timberlake, the Canadian brothers have ventured from the label's origins in menswear into womenswear, accessories, kidswear, eyewear and perfumes. The identical twins even have their own restaurant in Milan, called Ceresio 7. We caught up with them right before their Fall 2015 show.

Why did you choose to set up your label in Milan?

Dan: Milan is an international fashion capital, and we wanted the clothes to be made in Italy so it was easier for us to look for factories and producers. Also, our father was Italian. [He shortened his surname from Catenacci when he moved to Canada.]

What was the moment you knew it would work?

Dan: When we did our very first collection, we were turned down from the showroom who had ordered it in the beginning, and we thought that was the end. So we set up a stand in a fair in Paris, and we sold the collection on our own. After those first four days, we actually went home with half a million dollars of orders. From then on, we had really good orders from really good clients. So we thought, "Hmm, seems like it's going to work."

What was the most challenging moment for you as a duo?

Dan: I think the big challenge was the life we had as kids, so we were well-prepared for anything that would happen in our job. Nothing was going to stop us; we weren't afraid of anything. We weren't



The label in three words

"Cool, individual and sexy."

Designers Dean and Dan Caten celebrate 20 years of their label Dsquared². / MOKE

afraid of taking chances and risks. We work together, we live together, we go on vacation together. We are almost, in a weird way, a two-headed monster.

Which celebrity best embodies the spirit of your label?

Dean: Madonna gave us the stamp of approval for the world, and when she

gives you the stamp, the world wakes up and says, "We should keep an eye on these boys." She embodies the brand the best because she always wants to be on the edge and always wants what's new. There's a reason that she's been number one for 25 years. She has that lasting power when most people just came and went.

What is your favorite collection so far?

Dan: It was "Star 24/7" [in 2003], which was our first women's collection. Nobody saw us coming, and it was the best casting ever. Naomi Campbell was the first one to come on board and we thought, "Naomi is doing it so it will work."



GETTY IMAGES

What was your happiest moment?

Dan: I think one of our happiest moments was when we opened our first shop in Milan because it felt like, "Now we are here, we have bricks, we are right up with the big brands." It made us cry tears of joy!

Why did you choose to ask Mary J. Blige to sing at your 20th anniversary show last month?

Dean: Mary has one of the most beautiful voices in the world, and the song she sang, "One Love," is very inspiring and powerful. It kind of embodies everything we are as twins. We were so fortunate and happy she agreed to do it on our birthday.

Where would you like the brand to be in 20 years?

Dan: We feel like in the past 20 years, we have been building the foundation of the company and in the next 20 years — now that we have mastered our craft — we'd like to see it really expand and grow. We are ready to explode.

ELODIE NOËL
@metronewyork
letters@metro.us

INTEGRATING THE LATEST TECHNOLOGY TO PREPARE YOU FOR REAL WORLD CAREERS



START YOUR HEALTHCARE CAREER WITH US!

WE OFFER PROGRAMS IN:
MEDICAL ASSISTING
SURGICAL TECHNOLOGY
MEDICAL BILLING

OPEN HOUSE
SATURDAY
MARCH 14TH
9:00AM-1:00PM



Swedish Institute
College of Health Sciences

Please visit our admissions office at:
151 West 26th Street
1-888-530-9582
www.swedishinstitute.edu



Swedish Institute's programs are registered with and regulated by the New York State Education Department. Accredited by AGCSC. For important information on program costs, completion and placement rates, median debt incurred, etc., please visit <http://www.swedishinstitute.edu/disclosure>.

Gizmos you'll always need in the car

Jumper cables and a spare tire are musts for your car. But these handy gadgets and contraptions will earn their spot in your glove compartment — in case of car breakdown or boredom. **WANISE MARTINEZ, MWN**

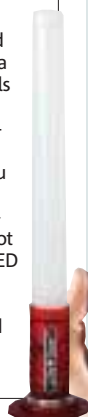
Portable Battery

If you have a cellphone — and you probably do — it's pretty important that you have an external battery charger in your car. Rated in milliamp hours, or mAh, these gadgets work exactly like mobile batteries, offering extra hours if your phone is dead and you really need to call for help. The Anker Astro Mini 3200mAh runs with iPhone, iPad and Android, and it is a portable lipstick-size that promises to guarantee about seven hours of talk time for some phones and double battery to others. **Staples.com, \$22.49**



LED Lights

Imagine if you're driving alone, and your car gets stuck in some dark and eerie place. You really need to have a good flashlight with you. LED models are the best because they're small enough to fit inside your glove compartment, more reliable than other lights and bright enough to help you when you're in need — which also means you will avoid being in an accident with other vehicles that cannot see you. The Life Gear Eco-friendly LED Emergency Road Flares have a pack, with three of them, that provides 10,000 hours of LED technology, and they're pretty easy to use: just twist on and off. **Amazon.com, \$5.89**



Road Angel Gem

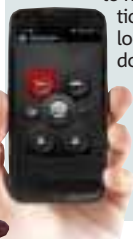
This little gadget will help you a lot because it can warn you about the speed limit and let you know about upcoming speed cameras. With an accurate database about the roads, the gizmo also warns you about hazards and accident black spots.

And the best part of all is that the Gem provides the user access to the "eAssist," a specialized service with an operator that will help you in case the driver gets in trouble. **RoadAngelGem.com, \$247**



Delphi vehicle diagnostics

What about having a mechanic with you all the time? This device works exactly like that, providing real-time mechanical and troubleshooting data about your car's health. Because of its accurate diagnostic functions, Delphi is just like a remote control with which you are able to not only have the information, but also operate the locking and unlocking of the doors, checking the speed, and other features like starting the engine. All of this operates from the comfort of a smartphone app. **Verizonwireless.com, from \$99 to \$199**



New Year... New Legs!

ADVANCED
VARICOSE VEIN
TREATMENT OF MANHATTAN

Are Your Legs Suffering From...

- ✓ Varicose Veins
- ✓ Leg Ulcers
- ✓ Spider Veins
- ✓ Pain
- ✓ Restlessness
- ✓ Heaviness
- ✓ Swelling
- ✓ Itching
- ✓ Fatigue
- ✓ Cramping
- ✓ Burning

Get help
from a doctor
who cares!



- Personal Care + Treatment delivered directly by **Ronald Lev, MD**
- Certified by the American Board of Venous and Lymphatic Medicine
- Constantly ranked #1 Vein Doctor in NYC by our patients
- Most insurances accepted including Medicare

The treatments literally changed my life. The pain and swelling I had in my legs for years is completely gone. Doctor Lev and his entire staff are very knowledgeable, professional and kind. If you're considering having treatments for your vein condition, do not delay, and look no further, you've found the right people to help you improve your life! I am incredibly happy that I put my faith in them, and you will be, too.

Z. V.

Your team is totally awesome and fantastic at what they do. I never feel nervous or uncomfortable. They actually make me feel like part of your medical family. You're a phenomenal doctor and have an equally incredible staff. God bless you all. And thank you for all the help in making my legs look and feel so much better.

K. B.

Evening
appointments
available

212.204.6501

Fluoroscopic Guided • Doppler Ultrasound

TreatmentsOfManhattan.com

111 John St., Ste 1450 (bet City & Pearl St.)
New York, NY 10038

DRLEV@TREATMENTSOFFMANHATTAN.COM

**March on in
Receive FREE services**

When you buy: Receive a FREE:

SPA SERVICES	
• Deep pore facial	\$55 FREE
• Waxing & Pedicure	\$25 FREE
• Full body wax	\$99 FREE full body wax for next time
• Brazilian wax	\$35 FREE Brazilian wax for next time
• Laser hair removal	\$25 FREE Paraffin for hands

SKINNY PAINLESS TREATMENTS

• 5 Zirconia inch loss	\$299 6 FREE Zirconia
• 10 Cavitar inch loss	\$299 3 FREE Cavitar LIFT
• Slimming body wrap	\$50 1 FREE Mini facial

ANTI AGING FOR FACE, HANDS & NECK

• Thermage for face, jaw line treatment	\$299 1 FREE microdermabrasion
• Oxygen Facial	\$89 FREE Deep Pore Facial
• Clear & Brilliant	\$175 FREE Deep Pore Facial

STRETCH MARK LASER

Fractional any area \$188 FREE

No time to march in? Call and prep up over the phone: never expires! Free consultation.

We service men and women.

Expires March 15P 2015

Laser Hair Removal

We have 2015 candle, yag, diode & alexandrite

Big belly hair	\$150 remove FREE Brazilian wax
Big back hair	\$150 remove FREE neck & V2 area
Big belly hair	\$150 remove FREE full body wax for next time
Big belly hair	\$150 remove FREE full body wax for next time

spa Jolie 180 7th Ave. South • 212-229-0399 [between Parry St. & West 11th St.] www.nyllaser.net • Open 7 days a week

Get Clean Healthy Teeth for only \$125*



*New Patient
Special includes
Dental Cleaning, X-Rays,
and Comprehensive Exam



Our friendly and knowledgeable dentists will help you get the healthy perfect teeth you've always wanted.

Come find out why we are one of the most referred dental practices in Queens!

**32-50 Steinway Street
Astoria, NY 11103**

Call Today

718-728-3314

or visit our website www.AllDentalNeeds.com

DOWNLOAD THE METRO.US APP



Loose Dentures?

Missing Teeth
Chew Better! Get
Implants

Free Implant
Consultation



www.newcenturysmile.com
(View Our Implant Video)

- Tighten Existing Dentures
- Replace Dentures with Fixed Teeth
- Regrow Bone
- Eliminate Gum Disease
- Over 25yrs Experience

All Dental Services Available
Most Insurances Accepted
FINANCING AVAILABLE

(212) 752-2212

New Century Smile
George Minillas, DDS
Howard B. Minillas, DDS
100 E. 88th St, NYC, NY 10020



Block out some time for B-Method

Inside the Workout.

This seemingly mild class makes a lasting impression.

Terri Walsh has been developing her Active Resistance Training method for 25 years, precisely because she knows you don't have that kind of time.

"When people come to a class, they don't have time to dice things up into pieces anymore," the trainer says. "That's why it has to encompass flexibility, strength, endurance and cardio."

The B in B-Method, the name of her class at Crunch gym, stands for "block" — actually a pair of yoga blocks that she says is "how I trick people into the room." They're also the key to creating a workout with baked-in variable intensity. If you're not flexible, the blocks essentially bring the floor up to meet you; for someone more advanced, they make push-ups tougher through extending range of motion by putting the floor farther away.

"Blocks can assist or become an agent of resis-



The yoga blocks create active resistance through the feet, navel, ribs and shoulders.

CRUNCH

If you go

B-Method

Crunch
80 Leonard St.,
220 W. 19th St.
www.crunch.com

tance," Walsh explains.

By propping yourself up on the blocks during planks, keeping it pressed tightly between your hands

during lunges, squeezing them between your knees for sit-ups and more, you're creating four active resistance points: feet, navel, ribs and shoulders. Being conscious of keeping these engaged is your goal — not that you have to be reminded when balance is almost always a factor.

The workout can also complement a yoga practice.

"With yoga, there is

a lot of problems with hands, wrists, elbows and shoulders ... which weren't really meant to be treated like feet," Walsh explains. "So if you're a yogi, this is going to use the skills you have, but it's also going to build up the areas where you're weak and protect the areas that may have been overused."



EVA KIS
ethiskis@thisiskis.com
eva.kis@metro.us

Inside the Workout

B-Method

For a week after this class, I was walking like the Tin Man looking for his oil can — but it wasn't because of pain. As promised, I didn't feel like I'd been "hit by a truck," but the muscles in my stomach, butt and thighs (inner and back) were so stiff that I genuinely needed help picking things up from the floor. (My shoulders and triceps were barking too, though not to the same extent.)

Walsh often had us place the blocks at asymmetrical spots — under one elbow and beneath the opposite knee for arm and leg extensions, which raises the difficulty level exponentially by forcing



B-Method is a full-body workout. / PROVIDED

you to abandon any hope of momentum assisting you. (That tactic would've sent you crashing off the blocks.) The hour-long class doesn't involve routines or set a strict pace; the idea is not to watch

yourself or the instructor in the mirror but to perform every movement mindfully.

The effect was to keep everything from the core out through each limb taut, always pushing on

the blocks as you curse every ounce of flesh you're having to balance on 4-by-6-inch foam platforms. They're propped under your butt to extend your usual stretches; they're under your elbows during reverse push-ups. They're wretched — and they get results.

The bottom line: You'll recognize many of the movements as the bread and butter of body-sculpting classes — what you'll be surprised by is what a difference a few inches make to how much harder you're working. As an exercise writer, variety in workouts is a job requirement, but I've not felt as worked over before or since B-Method.

Horoscope

Pisces | Feb. 19-March 20
Not everyone is as truthful as you are. Don't believe everything you hear. Get your facts in order before you make a decision.

Aries | March 21-April 20
Participation in group events will lead to friendships. Enter, enroll or volunteer within your community, and you will open the door to new possibilities.

Taurus | April 21-May 21
Don't sit on the sidelines if you have something to contribute. Keep your emotions in check and base your opinions on sound facts.

Gemini | May 22-June 20
Without breaking the bank, there are ways to increase the comfort of your house. Make your home a welcome retreat.

Cancer | June 21-July 22
Consider making some substantial changes to your life. Keep personal information a secret. Someone will have ulterior motives.

Leo | July 23-Aug. 22
Deception is apparent. You'll end up in a vulnerable position if you get involved in a risky financial deal. Use your charisma to outmaneuver anyone.

Virgo | Aug. 23-Sept. 22
Expect important information to be withheld. Now is not the time to show emotion if you want to come out on top.

Libra | Sept. 23-Oct. 22
Get together with friends. The hectic routine will be detrimental to your health. Some physical activity will help alleviate stress.

Scorpio | Oct. 23-Nov. 21
Make personal changes, but be diplomatic when discussing such matters with the people you live with. Be firm and considerate, but put your needs first.

Sagittarius | Nov. 22-Dec. 21
Travel delays or minor roadblocks will prevent you from completing your to-do list.

Capricorn | Dec. 22-Jan. 20
Some things cannot be rushed. You should use your powers of persuasion when discussing a possible deal with your employer.

Aquarius | Jan. 21-Feb. 18
Be a leader. You are at your best when you make your own decisions and listen to your intuition. Being what someone else wants you to be will lead to disappointment. **EUGENIA LAST**

Letters to the editor

A few simple rules and a little courtesy can make commutes more enjoyable for everyone

With the overcrowding on the commuter rail, some riders really need reminders about common courtesy.

1) Give up your seat to an elderly person, an infirm person or a pregnant woman. It should be obvious, but time and time again, I see young and middle-aged men who ignore people who need seats much more than they do.

2) Don't put your bags etc., on the seat next to you unless your bags are buying tickets.
3) Don't try to "hold" seats. This is not the high school bus.

4) If you are on the aisle seat of a three-seater, the middle seat is vacant and someone wants to sit down, just MOVE over. When there are lines of people waiting to board the train, you slow things down a lot by not just doing so.

5) If you do have to stand, please make sure your knapsack, purse etc., is not interfering with someone who is sitting down.

PAT DEVLIN, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

9			7					6
1							4	7
	2		3			9		8
					7	4		
8	7		2		6		5	3
		9	4					
7		8			3		6	
6	3							4
4					1			5

			3			4		
6				8	4	7		
1			9		7			6
2	3				5	8		9
				3				
5		9	2				7	3
9			6		2			7
		1	4	7				2
		7			3			

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Transparent
- 6 Made crooked
- 10 Agree
- 14 Marilyn of the Met
- 15 Declare openly
- 16 Auction site
- 17 Cake decoration
- 18 Ristorante order
- 19 Poop out
- 20 Noncommittal (hyph.)
- 22 Former JFK arrivals
- 23 Q.E.D. part
- 24 Width of a cir.
- 26 Consultant
- 30 Scramble up
- 34 Wildlife refuges
- 35 Debt securer
- 36 Seine moorage
- 37 Brenner Pass locale
- 38 Humors
- 40 Short-order orders
- 41 — Dawn Chong
- 42 It's seen in bars
- 43 Fanatic
- 44 Reflects
- 46 Weasel relatives
- 48 Crumb-toter
- 49 Kirk's helmsman
- 50 Trail mix
- 53 Oater feature
- 59 Flapjack chain
- 60 Queen beaters

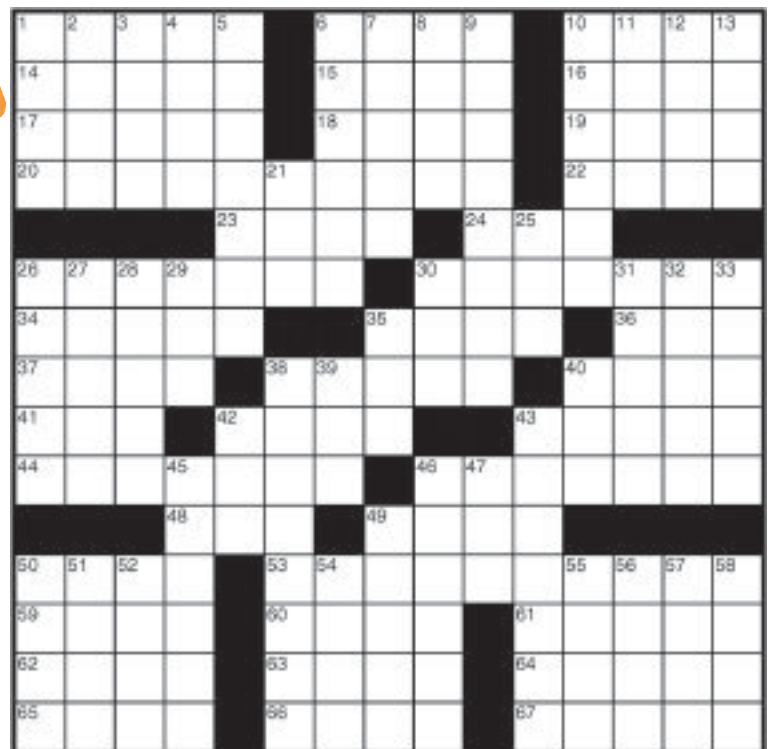
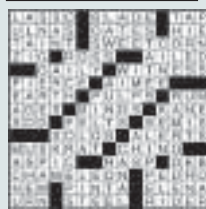
Down

- 1 Intel product
- 2 Bonkers
- 3 Viking name
- 4 Prince Charles' sister
- 5 Go backward
- 6 Fund-raiser
- 7 Banish from a flat
- 8 Jot down
- 9 Plays with idly
- 10 Flotsam and —
- 11 Long-legged wader
- 12 Homer's kid
- 13 Hurricane centers
- 21 Half a swing
- 25 Mr. Fleming
- 26 Bedside noise
- 27 The One-L Lama
- 28 Puff adder, e.g.
- 29 Tax org.
- 30 British FBI
- 31 Hull's bottom
- 32 Rocker — John
- 33 Pauses

- 35 — -eared bunny
- 38 Borrow on
- 39 New World alliance
- 40 Morsel
- 42 Dad, to Grandpa
- 43 Minor injuries
- 45 Knocked
- 46 Shellfish
- 47 Totality
- 49 Villain's smile
- 50 Talent
- 51 Indiana neighbor
- 52 Cinnamon goody
- 54 NCAA Bruins
- 55 Declare invalid
- 56 Dress-up occasion
- 57 Neck and neck
- 58 Budget item

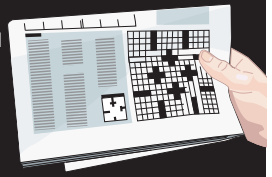


Yesterday's answer



Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York 120 Broadway, New York, NY 10271 • main 212-457-7790 • to

advertising 212-457-7735 • sales fax: 212-952-3505 • Associate Publisher Ed Abrams • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maunoir • email sales advertising@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Editor in Chief Aleksander Korab, aleksander.korab@metro.us • National News Editor Peter Green, peter.green@metro.us • Deputy Features Editor, Home/Style/Food Editor Tina Chadha, tina.chadha@metro.us • TV Editor Lisa Weidenfeld, lisa.weidenfeld@metro.us • Film/Tech Editor Matt Prigge, matt.prigge@metro.us • Wellbeing/Going Out Editor Eva Kis, eva.kis@metro.us • Travel Editor Rachel Vigoda, rachel.vigoda@metro.us • Careers/Education/Dating Editor Lakshmi Gandhi, lakshmi.gandhi@metro.us



3

SPORTS



NFL

Jets still hot for Revis

The buzz surrounding the Jets' potential pursuit of cornerback Darrelle Revis grows stronger by the day. The New York Daily News reported that Jets owner Woody Johnson "has been involved in serious internal discussions" with general manager Mike Maccagnan regarding a Revis return to New York.

NBA power rankings | by James Toscano

No. 1



Hawks (47-12)

The Hawks responded to last week's demotion with three straight wins, so we'll throw them back at the top. They've got Houston and Cleveland on tap for this week.

No. 2

Warriors (46-12)



A nice comeback win over the Celtics on Sunday night, but how could they let Boston go up by 26? They then lost to the Nets the next night, so they may be in a mini-funk.

No. 3

Blazers (39-19)



Big, big games coming up against the Clippers and Mavs will really tell us where they're at. They've recently taken down the Spurs and Thunder.

No. 4

Grizzlies (42-16)



Smoked by the Clippers on Friday, the Griz did what they had to do the next night and beat the Timberwolves.

No. 5

Rockets (41-18)



James Harden gets a game for kicking LeBron in the you-know-where. I guess you could say he took one for all of America, there.

No. 6

Cavaliers (37-24)



LeBron will not forget getting kicked, nor will he forget the free throws he missed to lose the game to Houston. An angry LeBron might be a good thing for the Cavs.

No. 7

Clippers (40-21)



Pretty hilarious to see Austin Rivers try to pick a fight with Kevin Garnett. KG has probably been messing with little Rivers since he played in Boston.

No. 8

Mavericks (40-22)



It doesn't look like the Rondo era is going to last very long in Dallas. Not if he and his coach can't get on the same page.

No. 9

Raptors (38-22)



After five straight losses, the Raptors got a freebie in Philly. But let's see what they do Wednesday vs. a Cavs team now hot on their trail in the standings.

No. 10

Thunder (33-27)



I can't get the dent in Russell Westbrook's face out of my mind, but after successful surgery it doesn't sound like he'll be out long. Thunder don't have much wiggle room.

No. 11

Spurs (36-23)



After dropping four straight road games, the Spurs won the final two of their trip. Now with six straight at home, it's time they pull it together.

No. 12

Suns (31-30)



Just 2-5 since the trade deadline, and you really can't be surprised when you trade two of your three best guards.

No. 13

Bulls (37-24)



Last week, I called the Bulls maybe the toughest team in the NBA. Then Derrick Rose tore his meniscus and Jimmy Butler sprained his elbow.

No. 14

Pelicans (32-28)



The Pelicans had won five straight before falling to the Mavericks on the road on Monday. They're currently one game out of a playoff spot with the Thunder dealing with a couple of big injuries.

NFL



Jets will not raise ticket prices for '15

Ticket prices will not increase for Jets home games next season, the team announced Tuesday. Ticket prices will range from \$50 to \$162.50.

"After considering many factors, we determined to keep season ticket prices unchanged for the 2015 season," Jets president Neil Glat told the AP. **MATT BURKE**

NBA

Shaw canned in Denver

The Denver Nuggets fired Phil Jackson disciple Brian Shaw Monday, as the team just lost six games in a row and owns a 20-39 mark this season. According to ESPN.com, Shaw complained about "the maturity and professionalism" of some of the players on the team's roster but was told to "try and work through the issues." **MATT BURKE**

DOWNTOWN
111 JOHN ST. SUITE 1450
NEW YORK 10038

DOWNTOWN
PODIATRY
SERVICES

MIDTOWN
315 MADISON AVE SUITE 513
NEW YORK 10017

NEW LOCATION
159-05 92nd St
Howard Beach, NY
718-845-0741

BEFORE AFTER

THE FUTURE OF FOOT SURGERY HAS ARRIVED!

- Specializing in Surgery and Aesthetics of the Foot
- Minimally Invasive - State of the Art Technology
- Bunion & Hammertoe Surgery

FREE consultation with ad

CONTACT US!

1-877-BUNION-1 or DowntownPodiatry.com

WANT A GREAT CAREER?

Then NYCI is your choice...Since 1941

- Day, Evening & Sat. Classes
- Degree & Certificate Programs
- Transfer Credits Accepted
- VA Approved
- 75 Years of Excellence in Education

Court Reporting

Closed Captioning

Paralegal

Healthcare Mgmt

Medical Billing & Coding

NOW ACCEPTING APPLICATIONS FOR NEXT TERM!

New York Career Institute

Call **212-962-0002** or online: **www.nyci.edu**

11 Park Place, NYC - Near City Hall

MLB

NOAH SYNDERGAARD
GETTY IMAGES

Eating on the job not allowed in Mets' house

Mets players David Wright and Bobby Parnell threw away the lunch of teammate Noah Syndergaard Tuesday as the two team leaders were upset that the pitcher was eating while New York's intrasquad game was going on.

Newsday's Marc Craig tweeted out, "Syndergaard was contrite, but it was not a comfortable exchange. He told me he was stunned when Wright got on him for being in the clubhouse. As Wright scolded Syndergaard, Parnell took his plate, still piled with food, tossed it into a nearby trash can. I asked Parnell about the exchange [and he said], 'If a kid's not playing nice, you take his toys away.'"

MATT BURKE

MLB

Yanks will take a tie

The Yankees didn't wait long to bring the heroics.

In a mostly meaningless game against the Phillies to open their Grapefruit League schedule, the Bombers used a four-run ninth (on an RBI single by Jake Cave and three-run homer by Aaron Judge) to earn a 5-5 tie at Bright House Field Tuesday after the game was called following the Phils' scoreless ninth.

Chris Young and Garrett Jones were the only everyday players to accumulate base hits in the draw, with Adam Warren getting the start and retiring all but one batter over two innings.

New York outthit Philadelphia 13-8.

EVAN MACY

SCHILLING A WINNER AGAIN IN DEFENSE OF DAUGHTER

Remember Curt Schilling, if you will, for his 216 career wins or 3,116 strikeouts or his three World Series rings. But, always, he should be remembered for the 1,987 words he wrote on Sunday about his daughter, every last one of which was blazing heat right down the center of the plate.

Last week, Schilling tweeted with a father's exuberance that his daughter had been accepted to college. There were dozens upon dozens of tweets from fans, sharing in his emotion and congratulating the former six-time All-Star. But those positive notes were overshadowed by responses that were rude, lewd and completely unacceptable. So Schilling took to his blog to respond, outing several of the tweeters, including one employed by the New York Yankees.

One tweet even mentioned raping Schilling's daughter, who is 17 years old and a senior in high school.

In a deep and passionate response, a riveting piece of prose that was short on much acumen but was right in every one of its words, Schilling nailed it. What he wrote was the right thing with the right heart, a man who is showing to be an ace on the mound as well as in fatherhood.

"The ignorance and pathetic lack of morals or of any integrity is astounding," Schilling wrote midway through his blog. "These aren't thugs, tough guys or bad asses, these aren't kids who've had it rough, they aren't homeless or orphans, these are pretty much ALL white, affluent, college attending children, and I mean children."

"A mistake is tweeting once and saying 'damn, I'm an idiot' and taking it down. These guys? They're making conscious choices to cyberbully an amazing and beautiful young woman on the Internet, that none of them know by the way, because they don't like her dad or they somehow think saying words you can teach a 5-year-old is tough?"

He defended the dignity of his daughter, a



Curt Schilling's daughter was verbally attacked on Twitter this past weekend, and the former MLB pitcher came to her defense. / GETTY IMAGES

Opinion

KRISTIAN DYER

@KRISTIANRDYER



young woman who has worked hard for a chance to play a sport in college. And even if she wasn't the daughter of a baseball

legend or a public figure, no father should have to read the innermost thoughts of deranged young men who have a

warped view of not just society, but women in general.

The young woman that they mocked and crudely degraded instead is worthy of our respect. She didn't rest on her famous last name, on the wealth of a man whose career has spanned now four decades as a player and in television as well as a small business owner. It would have been easy for her to rest on those laurels and coast through life with relative ease.

Instead, as her father

notes, she has trained for nearly 10 years for the chance to be a student-athlete, and there is no doubt, based off the maturity of how she's handled this situation, that she will be a testament to her college.

There was no doubt that Schilling was ever anything but a winner in the game of baseball, but now he has saved his best and gutsiest effort for the family he loves. His last bit of heroics here will forever be Schilling's greatest gem.

metr CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

COGNITIVE TRAINING FOR DEPRESSION

Are you depressed? Feeling sad or down?
Lost interest or pleasure in things you used to enjoy?
Having trouble sleeping or concentrating?

If so, and you're between the ages of 18 and 65, you may qualify for a research study at Mount Sinai investigating new computerized cognitive training programs to modify patterns of thinking and memory in people with depression symptoms. Participation includes:

- 6 weeks of cognitive training
- 3 sessions of neuropsychological testing
- Compensation provided

Contact
Katie at 212-241-3089 or
email kathryn.huryk@mssm.edu.

MEDICAL RESEARCH

To advertise, call **Betsy Marchetti at 212-457-7829** or email betsy.marchetti@metro.us

BACK PAIN ACUPUNCTURE

overweight stress anxiety back neck joint pain fatigue pinched nerve poor circulation sciatica migraine foot pain hair loss acne massage physical therapy chiropractic

Accept 1199 aetna cigna oxford unitedhealthcare bluecross bluefield metropius affinity healthplus medicare and more
www.MedicalHolistics.com

115W 30 St. #500B Mvel 212-764-3924 723 7 Ave #703 (48 St) 212-470-0360 Jamaica Queens 718-687-2474



buy online
pick up in-store

Need it in a hurry? Now you can shop ahead on macys.com and pick it up the same day at your nearest Macy's store. It's fast, free and easy! Details at macys.com/storepickup

www.macys.com

FASHION & HOME CLEARANCE

NEW PRICE REDUCTIONS ON WHAT YOU WANT RIGHT NOW

50% TO 85% OFF

ORIG.* PRICES

**65% +
10% OFF**

**DESIGNER
CLEARANCE**

Orig.* \$95-\$650.

**Final cost
19.99-\$195.**

Sportcoats,
suits and
dress pants.



**65% TO
80% OFF**

**WHEN YOU TAKE
AN EXTRA 30% OFF**

Orig.* \$29-\$299.

Final cost 5.80-104.65.

Clearance sportswear:
dresses, tops, pants,
blouses and more.
Misses & petites.
Women's prices
slightly higher.



**65% TO
85% OFF**

**WHEN YOU TAKE
AN EXTRA 30% OFF**

Orig.* \$12-89.50.

**Final cost
1.80-24.92.**

Clearance
juniors' & kids
selections: tops,
pants, sets, dresses
and more.



**60% TO
65% OFF**

CLEARANCE

Orig.* \$69-\$340

Now 24.15-\$136.

Select dresses
and suits.
Misses
& petites.
Women's prices
slightly higher.



50%-75% OFF

WHEN YOU TAKE AN EXTRA 25% OFF
Orig.* \$20-\$228. **Final cost 4.50-
111.15.** Clearance handbags: hobos,
wallets, wristlets and more.



**65% TO
75% OFF**

CLEARANCE

Orig.* \$30-\$115.

Now 9.97-\$87.75.

Young men's
sportswear
& collections
and men's
sportswear
& designer
collections.



TAKE AN EXTRA 15% OR 10% OFF WITH YOUR MACY'S CARD OR PASS

**WOW! PASS EXTRA SAVINGS ON SELECT SALE & CLEARANCE APPAREL
(EXCEPT SPECIALS & SUPER BUYS)
EXTRA 15% OFF**

SELECT SALE & CLEARANCE APPAREL FOR HIM, HER & KIDS; PLUS FINE & FASHION JEWELRY **EXTRA 10% OFF** SELECT SALE & CLEARANCE
WATCHES, COATS, SHOES, SUITS, DRESSES, INTIMATES, SWIM FOR HER, MEN'S SUIT SEPARATES & SPORTCOATS & HOME ITEMS
MACYS.COM PROMO CODE: DEALS EXCLUSIONS MAY DIFFER ON MACYS.COM

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs,
electronics/electronics, cosmetics/fragrances, athletic apparel, shoes & accessories; Dallas Cowboys merchandise, gift
cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special
purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra
discount or credit offer except opening a new Macy's account. **EXTRA SAVINGS % APPLIED TO REDUCED PRICES.**

TEXT "CPN" TO 62297 TO GET COUPONS, SALES ALERTS & MORE!

Max 3 msgs/wk. Msg & data rates may apply. By texting CPN from my mobile number, I agree to receive marketing text messages
generated by an automated dialer from Macy's to this number. I understand that consent is not required to make a purchase. Text STOP
to 62297 to cancel. Text HELP to 62297 for help. Terms & conditions at macys.com/mobilehelp Privacy policy at macys.com/privacypolicy



00006705100318240119

VALID 3/4-3/8/2015



FREE SHIPPING EVERY DAY + FREE RETURNS AT MACYS.COM!

FREE SHIPPING WITH \$99 PURCHASE. FREE RETURNS BY MAIL OR IN-STORE.

U.S. ONLY. EXCLUSIONS APPLY. DETAILS AT MACYS.COM/FREERETURNS



**75% OFF
CLEARANCE**

Orig.* \$39-\$199.

Now 9.75-49.75.

Casual and
dress boots &
shoes from our
clearance
racks.



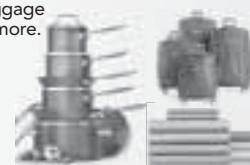
60% OFF

WHEN YOU TAKE AN EXTRA 20% OFF
Orig.* \$300-\$8000. **Final cost \$120-\$3200.**
Fine jewelry clearance: select diamonds,
14k gold, gemstones and more.



50%-70% OFF

WHEN YOU TAKE AN EXTRA 40% OFF
Orig.* 1.99-\$1000. **Final cost
.59-449.99.** Home clearance: bed
& bath, housewares, tabletop,
luggage
& more.



ORIG. PRICES ARE OFFERING PRICES, AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. EXTRA SAVINGS IN EFFECT 3/4-3/8/2015.
*Intermediate price reductions may have been taken. Jewelry photo may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Almost all gemstones have been treated to
enhance their beauty and require special care, log on to macys.com/gemstones or ask your sales professional. Extra savings are taken off sale prices; "final cost" shows price after extra savings. Clearance items are available
while supplies last. Advertised items may not be at local Macy's and selection may vary by store. Prices & merchandise may differ at macys.com. NS020091.



OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit
approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine.
The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.

24 new york Wednesday, March 4, 2015